

Smart office chair

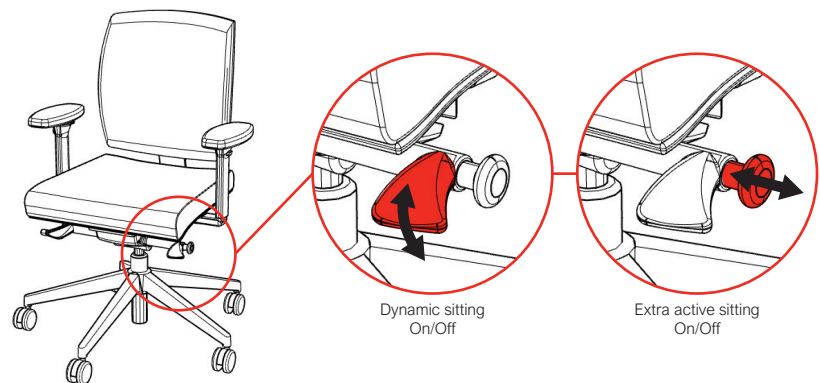
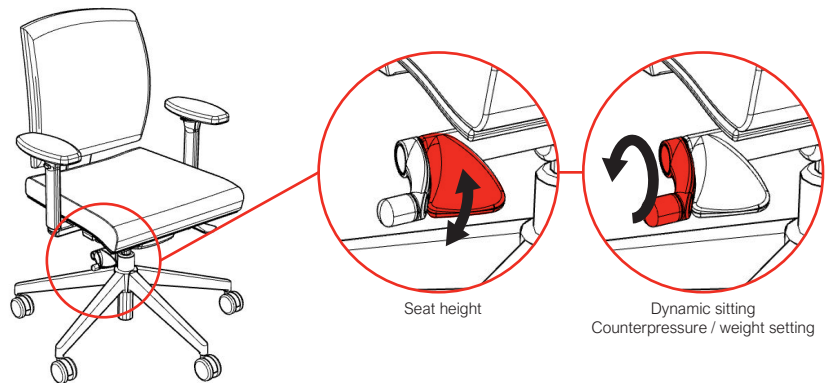
User manual



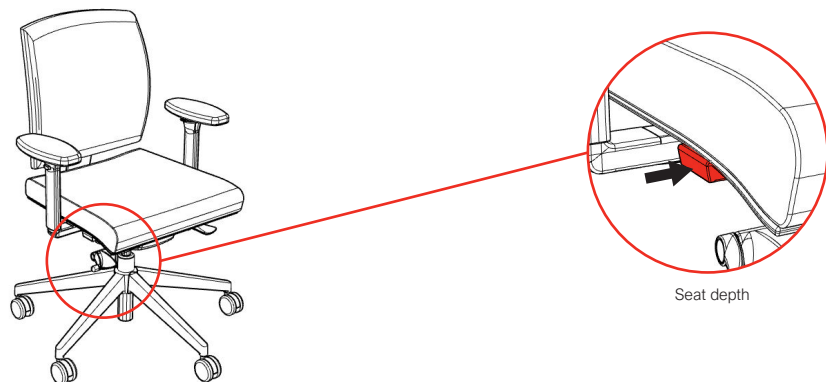
1. Overview

Features

1.1 Mechanics underneath the seat



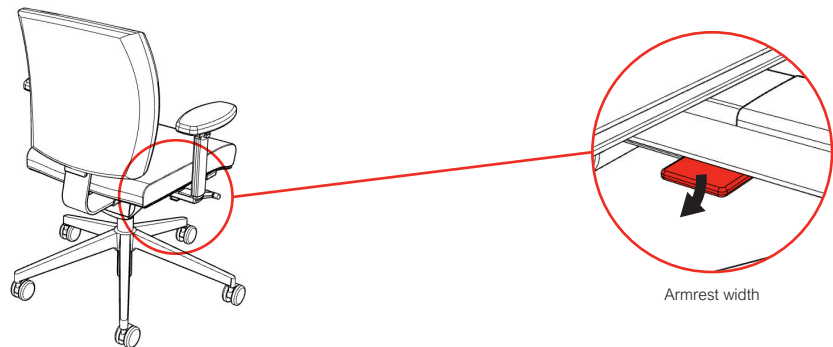
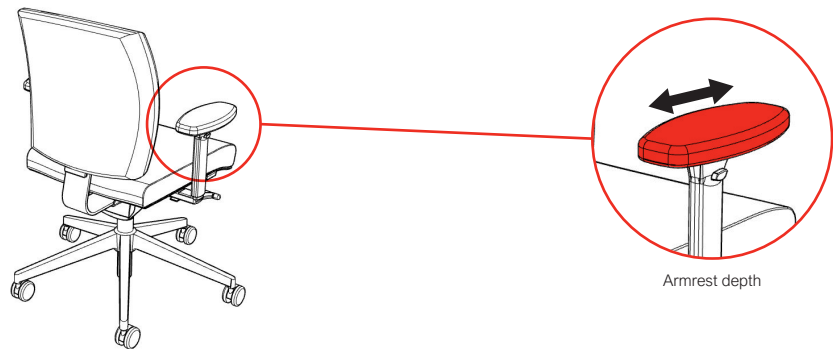
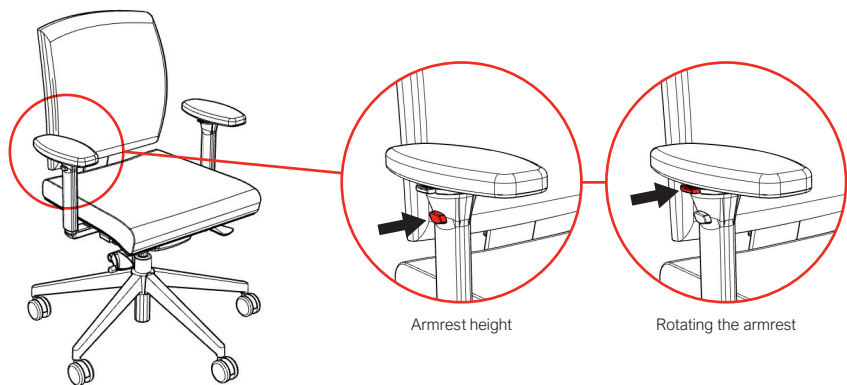
1.2 Mechanics seat depth



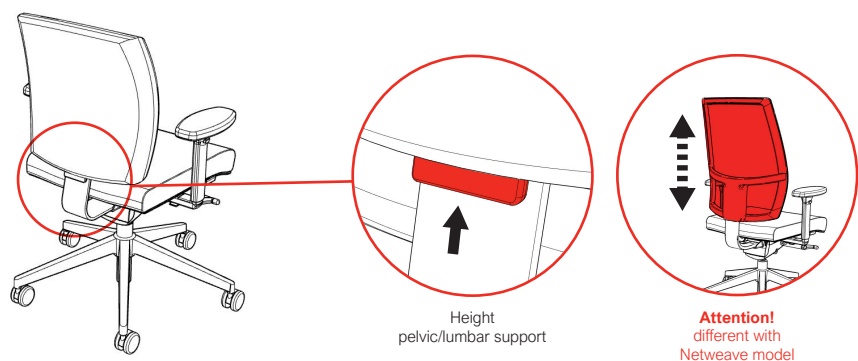
1. Overview

Features

1.3 Mechanics armrests



1.4 Mechanics pelvic/lumbar support



2. Smart setup

Order and directions

Maximum range



2.1 Seat height

To adjust the seat height, pull the lever at the bottom right of the seat up, allowing the seat to move up or down.

For a correct seat height, place your feet flat on the ground and form an angle of 90° with your knees between your lower & upper legs. In this way you avoid pressure points and distribute your weight over as large a surface as possible. Always make sure that you sit properly with your seat in the back of the chair and against the backrest.



Seat height

2.2 Seat depth

To adjust the seat depth, press the button on the right side of the seat, allowing it to slide forwards or backwards.

For a correct seat depth, you must adjust the seat so that you can place a fist between the front of the seat and the hollow of your knee. Always make sure that you sit properly with your seat in the back of the chair and against the backrest.



Counterpressure
dynamic sitting

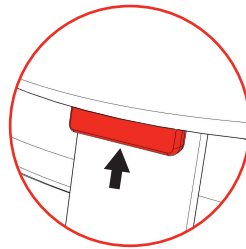
2. Smart setup

Order and directions

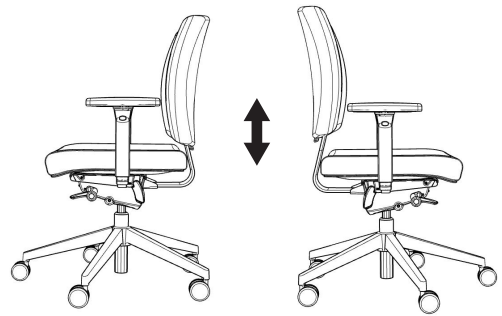
2.3 Pelvic/lumbar support

To adjust the pelvic/lumbar support, press the button at the bottom of the back of the backrest upwards so that the backrest moves up or down.

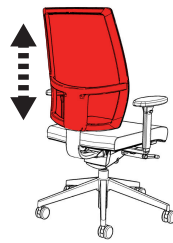
For correct support of your lower back, place the pelvic/lumbar support at the bottom of your loins and the top of your pelvis. Always make sure that you sit properly with your seat in the back of the chair and against the backrest.



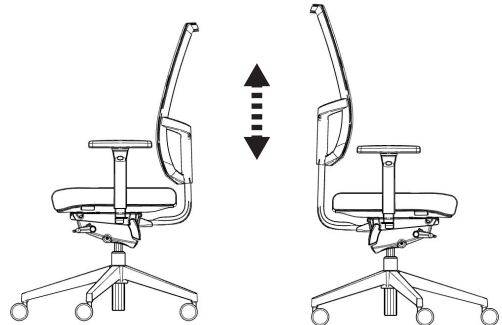
Height
pelvic/lumbar support



Attention! If your Smart is equipped with a netweave backrest with pelvic/lumbar support, this button will be missing. You can adjust the height of the netweave backrest by lifting it up step by step to one of the four positions. When you raise the backrest to its maximum, it lowers back to the lowest position and you can reset it.



Height
pelvic/lumbar support

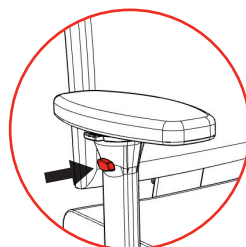


2.4 Armrests

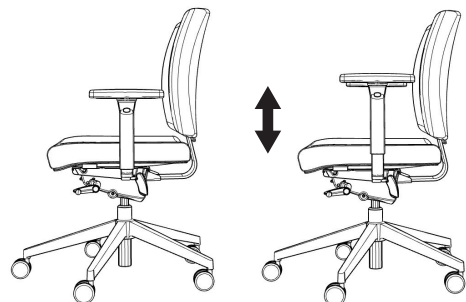
2.4.1 Height control

To adjust the height, use the buttons on the outside of the armrests.

For a correct height of your armrests, relax your shoulders and upper arms & form an angle of 90° between your upper & lower arms. Place the armrests at such a height that your lower arms are just resting on the armrests.



Armrest height

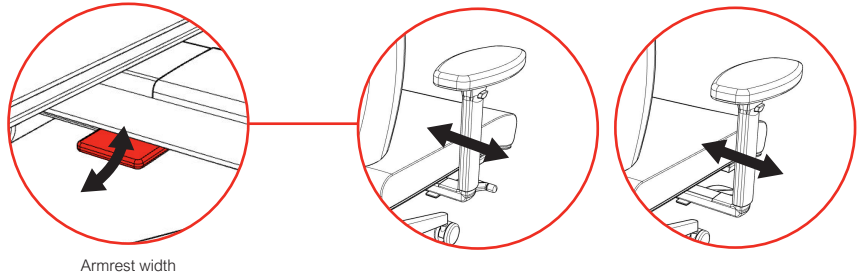


2. Smart setup

Order and directions

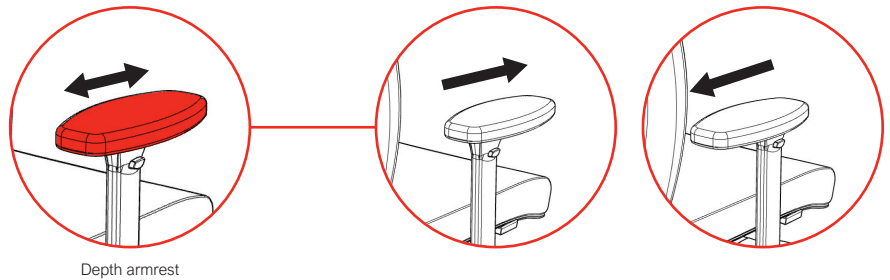
2.4.2 Width control

To adjust the width between the armrests, use the levers at the bottom of the chair.



2.4.3 Depth function

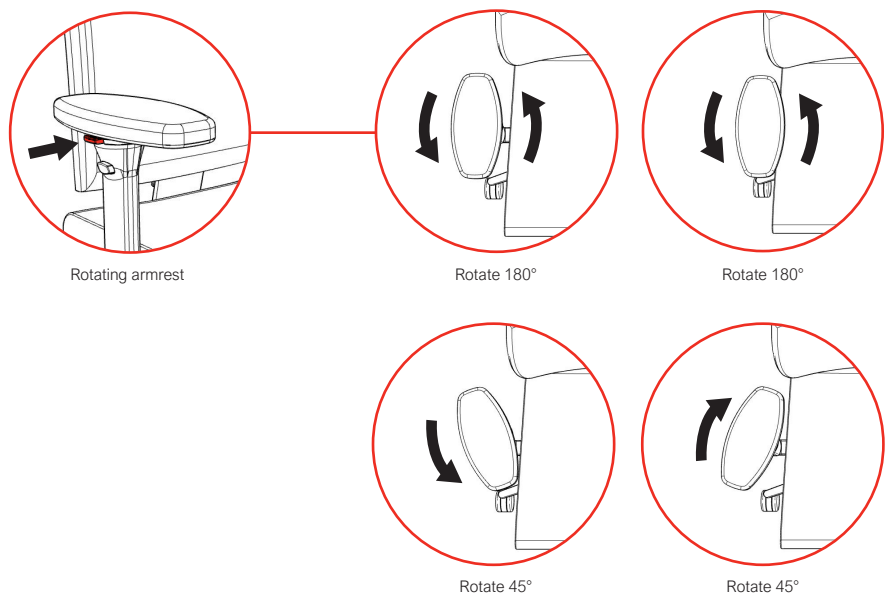
The armrest support can be slid forwards or backwards without any button. It is desirable to always sit as close to your desk as possible, so make sure you position the armrests backwards sufficiently.



2.4.3 Rotating function

The armrest support can rotate. To do this, press the buttons just below the support.

- (a) 180° rotation: additional width adjustment between the armrests
- (b) 45° rotation: optimal support for the lower arms during typing



2. Smart setup

Order and directions

2.5 Static vs. dynamic

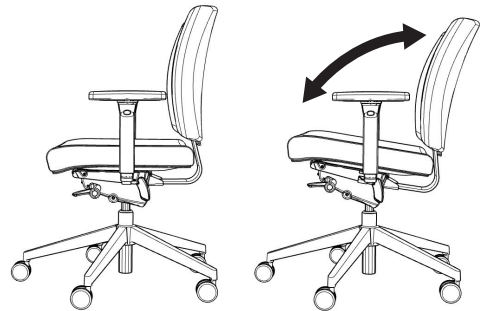
2.5.1 Dynamic sitting/ Swinging

To swing, pull the lever on the bottom of the left side of the chair up. Dynamic sitting prevents cramping during prolonged sitting. Static sitting can be achieved by pushing the lever downwards. The chair is lockable in 6 positions and equipped with kickback protection.

Prolonged static sitting increases the risk of cramping and is not recommended.



Dynamic sitting
On/Off

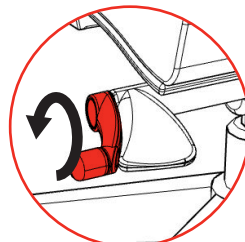


2.5.2 Backrest counterpressure/ Weight setting

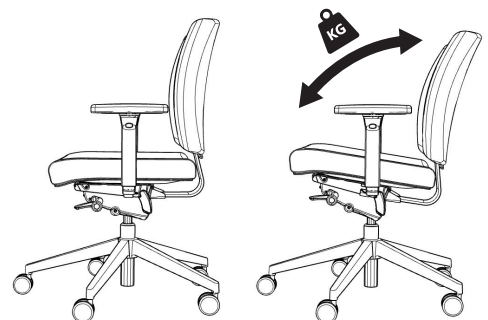
At the bottom right, next to the lever of the seat height, there is a rotary lever that you can pull out with which you can refine the backrest counterpressure.

Turn clockwise: increase the counterpressure, turn counterclockwise: decrease the counterpressure.

Ideal setting = being able to swing smoothly in combination with sufficient counterpressure/support in the back.

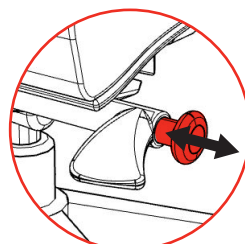


Dynamic sitting
counterpressure

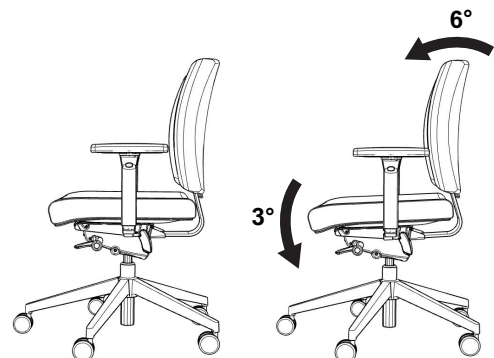


2.5.3 Active sitting

At the bottom left, next to the lever to lock the seat, there is a button for "extra active sitting". By pulling out this button and leaning back for a moment, you activate this function. In the most active sitting position of the chair, this tilts the seat 3° and the back 6° forward. Sitting on a seat tilting forward stimulates forward tilting of the pelvis, preventing deformation of the spine and back problems.



Extra active sitting
On/Off



3. NPR1813

Dimensions

3.1 Seat height

Multiple gas spring heights available: - Standard gas spring: seat height 41 - 55 cm
- Extra low gas spring: seat height 39 - 52 cm
- Extra high gas spring: seat height 50 - 63 cm

3.2 Seat

Adjustable seat depth: 38 to 48cm, 9 positions

3.3 Backrest

Back height: 52cm
Lumbar support: 6 height positions, range 7cm

3.4 Armrests

Adjustable height, width, depth and rotatable

3.5 Upholstery

Interchangeable

